



10 WAYS TO TAKE BETTER CARE OF YOU

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RESEARCH SHOWS A CLEAR CONNECTION BETWEEN PHYSICAL AND PSYCHOLOGICAL HEALTH OF CAREGIVERS

Caring for yourself is a priority if you are caring for others.



#1: KEEP YOUR GOALS REALISTIC AND ATTAINABLE

Start small and work your way slowly towards your goal



#2: BREAK THE FAST

Start your day out right with a healthy breakfast (protein and healthy carbohydrate).



#3: BE PREPARED WITH HEALTHY SNACKS

Pre-portioned snacks are great for travel and meal replacements when needed.



#4: PLAN AHEAD AND COOK IN BULK

Set aside one day each week or month to prep, store, and freeze prepared foods.



#5: TRY NEW CONVENIENCE FOODS

Fresh and frozen food that has been washed, peeled, and chopped makes meal prep easier.



#6: ACCEPT HELP FROM FAMILY AND FRIENDS

Ask for food donations, gift cards, and help with errands (including shopping and cooking).



#7: INVEST IN MEAL DELIVERY, ONLINE SHOPPING, OR A CLUB MEMBERSHIP

Time saving methods may be more cost effective. Consider sharing it with a friend.



#8: HOST A FOOD SWAP

Make multiple servings of just one meal. Leave with several weeks of food.



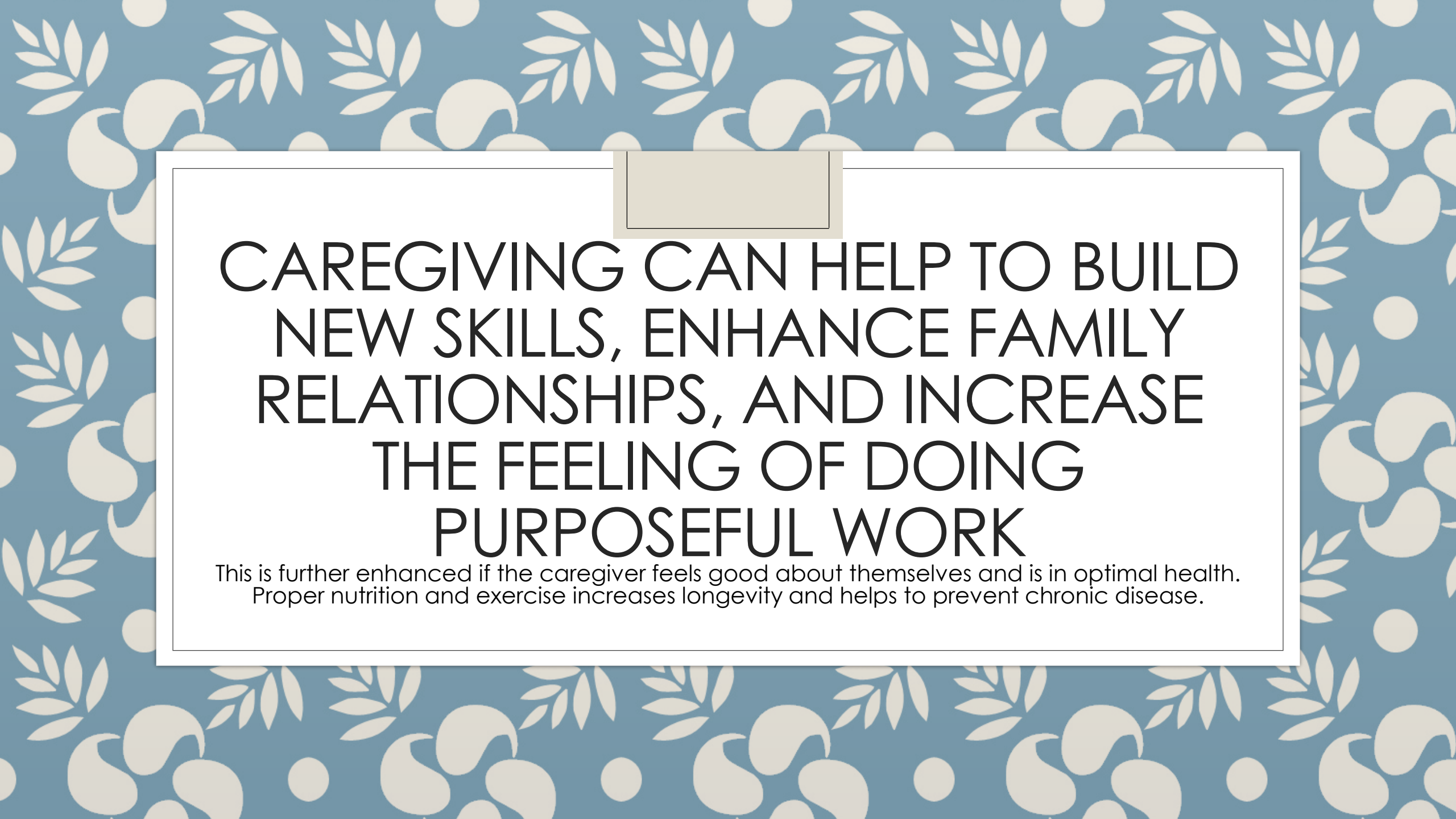
#9: STAY HYDRATED

You need a minimum of half of your body weight in fluid ounces each day. Dehydration can lead to weakness, confusion, and lethargy, and can even slow your metabolism.



#10: MAKE TIME FOR FITNESS

All you need is 30 minutes each day. Only a 10% loss of excess body weight can decrease blood sugar, blood pressure, and blood lipid levels.



CAREGIVING CAN HELP TO BUILD NEW SKILLS, ENHANCE FAMILY RELATIONSHIPS, AND INCREASE THE FEELING OF DOING PURPOSEFUL WORK

This is further enhanced if the caregiver feels good about themselves and is in optimal health.
Proper nutrition and exercise increases longevity and helps to prevent chronic disease.